Monday, December 1, 2014

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The Calgary Stampeders' Shawn Lemon, left, and Juwan Simpson along with the rest of the team celebrate their 102nd Grey Cup win over the Hamilton Tiger-Cats at BC Place in Vancouver on Sunday, Nov. 30, 2014 — the Year of the Horse in the Chinese zodiac. The Stamps won 20-16. See story, page 28. CANDICE WARD/FOR METRO

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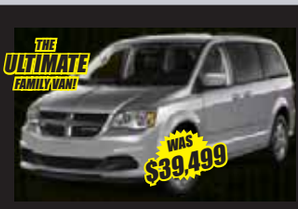

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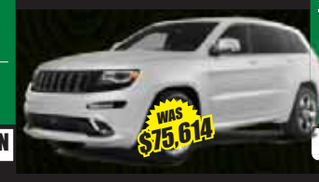

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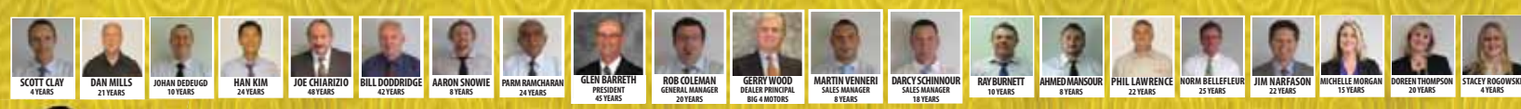
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Bike-only signals coming to 'chaotic' intersection

Safety. Cyclist-specific signals showing up in more high-traffic locations

ROBSON FLETCHER
robson.fletcher@metronews.ca

Aggravating for drivers, confusing for cyclists, and deadly for at least one pedestrian, the intersection of 10 Street and 3 Avenue NW is due for a major upgrade, including full traffic lights with a bike-only signal.

The upgrade — which should begin within "two or three weeks" — is aimed at bringing some order to the "chaotic" roadway, said city cycling co-ordinator Tom Thivener, and will be the latest addition of cyclist-specific signals on Calgary streets.

"This just takes the guessing game out of it," Thivener said of the intersection, which has been frustrating for all types of travellers.

During rush hour, in particular, motorists have fumed while waiting for the frequent activations of pedestrian lights above the crosswalk between the busy Safeway and Second Cup to the north and bustling retail shops of Kensington to the south.

Pedestrians, meanwhile, have taken their lives in their hands trying to cross 10 Street, even with the lights.

"My friend who works over at Sunnyside Market with me, she got hit walking her bike across," said Makenna Birbeck. "I think there's just a lot of stuff going on in Kensington so people are busy looking around and not paying attention."

Between 1996 and 2012, there was one fatal collision, one resulting in major injuries, and nine resulting in minor injuries to pedestrians, according to data gathered by local engineer Dustin Jones from the Calgary Police Service.

Cyclists have also found the intersection troubling, particularly when trying to turn from southbound 10 Street to eastbound 3 Avenue to connect to the bikeway on 9A Street. Thivener said he's heard of cyclists trying "all kinds of crazy things" in order to get across.

The city's previous solution was a turn box further north, at 5 Avenue, but Thivener said "everybody hated" that device and it has since been removed in favour of extending the 10 Street bike lane further south and adding the bike-only signal, as well as new signage explaining how to use it.

"What we're going to try to do is educate cyclists not to do crazy manoeuvres at 5th Avenue anymore and to just come down here and use this thing," Thivener said.

Dale Calkins of Bike Calgary said he's "quite looking forward" to the new traffic lights and bike signal making navigating the intersection easier for everyone.

Thivener said bike signals already exist in Calgary on the 7 Street SW cycle track downtown, on Samis Road NE just off Centre Street, and at two sites along the West LRT corridor in the southwest.

The city will look to add more cyclist-specific signals at more busy intersections in the future, he added.

"Where we have a bikeway crossing a major road, it's something that if you don't have a protective device to help cyclists cross that road, the bikeway just doesn't work," Thivener said.

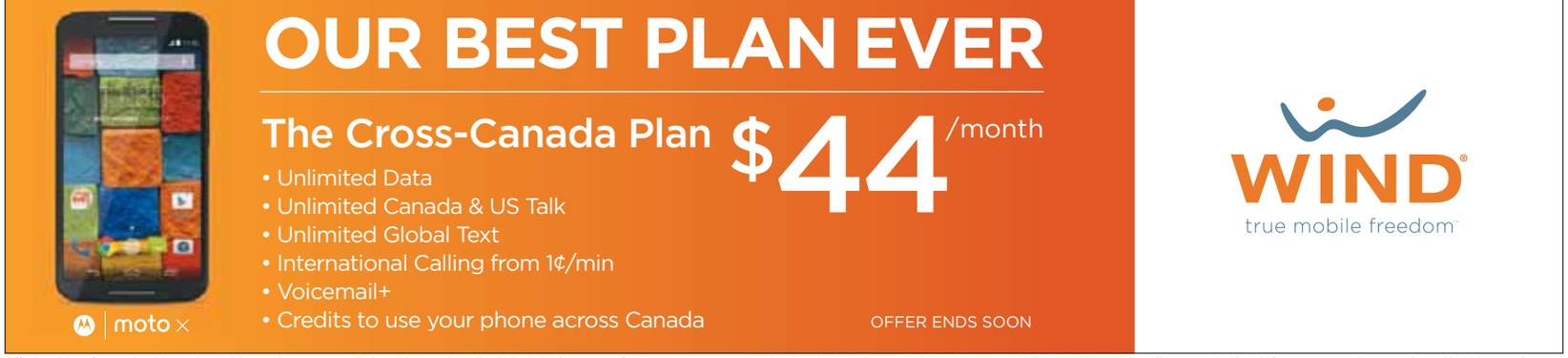
Makenna Birbeck crosses 10 Street at 3 Avenue NW in the current crosswalk, which is to be replaced with full traffic lights and bike-only signals within weeks. ROBSON FLETCHER/METRO

Cyclists: How to turn left from 10 Street N.W. using the bike turn box
Cross through intersection when signal is green.
Pull into bike turn box and face east.
Wait for bike signal to turn green, and then proceed east along 3 Avenue N.W.

The City of Calgary's instructions on how to use the new bike signal. CONTRIBUTED

Quoted

"People will be able to drive through a little bit easier, people will be able to walk through easier, and people who are cycling will be able to move through the intersection and connect to the supporting infrastructure better." Dale Calkins, Bike Calgary



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Board says it needs $197M to build Prentice-era schools

Building boom.
Construction costs could rise with rush of school projects: Public board

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary public-school officials have sent a Christmas wish list to the province a few weeks early.

It includes nearly $197 million they say is needed in the first half of next year to complete eight new schools and two modernization projects on time.

According to the documents provided by the Calgary Board of Education, only about $30 million has been committed for the 10 projects, all of which were announced by Premier Jim Prentice and Alberta Education Minister Gordon Dirks since the pair took office in September.

But Prentice and others have also warned in recent days that tough times could lie ahead as prices for oil have plunged below $75 U.S. per barrel.

"With the recent fluctuation in oil prices, we're concerned," said Amber Stewart, board trustee representative for school-strapped Wards 12 and 14, in an interview Sunday.

The board's funding needs were outlined in a letter from trustee chair Joy Bowen-Eyre that was written Oct. 30 but only made public Friday. It also identifies a "significant risk" that could come with a rush of school projects that the CBE and numerous other boards are attempting to have completed between 2016-2018.

"With many parties going to the market at the same time for completion in short order, recent tenders have come in 20 to 30 per cent above the construction cost estimates," the letter reads.

The dire warning comes as the board has also recently adjusted its enrolment projections upward. Officials now anticipate an additional 4,000 or more students to enrol for classes annually.

One-third of the CBE's schools are already over 90 per cent capacity — boards have said 80 per cent capacity is ideal.

There has also been confusion among community members eagerly awaiting new schools who believed that an announcement by Prentice and Dirks Oct. 8 included full funding for schools. In the community of West Springs, for example, the CBE says the province has kicked in $6.7 million for development of a "starter school" and design work on the full build, but the school board says it will still need more than $18 million to complete the project.

Alberta Education officials were not available for comment Sunday, but a representative said it was hoped a response would be provided Monday.

Alberta NDP education critic Deron Bilous said the province needs to wean itself off tying infrastructure dollars to oil revenue. METRO FILE

A sign installed as part of a campaign opposing modulars at Westgate School. METRO FILE

Board drops plan for modulars at Westgate

With tensions already high among community members, public-school officials have again shifted plans for Spanish-learning students at a packed west-end school.

Over the weekend, parents with kids attending Westgate School were told by Calgary Board of Education officials that the plan now will be to install modulars originally intended for their facility at the future home for Spanish-learning kids, Glenmeadows School.

Westgate's community is divided evenly among French and Spanish students but has exceeded its capacity. Earlier this year, CBE officials had planned to move Spanish students to Viscount Bennett Centre for a year while waiting for a charter school operating at Glenmeadows to vacate the space.

But questions have been raised about Viscount's current state, with reports of mold in some classes. The CBE instead pitched the province on eight modulars for the Westgate site and was awarded them in late September, with the hope of installing them next year.

But backlash among some parents of French-learning students and other community members has been fierce. Many claim the current site and the roads around it couldn't handle the additional classrooms.

Now, however, some parents of Spanish-learning students are facing the prospects of having their kids transfer between three schools in just four years' time.

"The programs have grown and we do need to split, but it's this mismanagement of our split that's absolutely appalling," said Althea Adams, who has two kids in Westgate's Spanish program. "They've known since 2008 that Westgate was going to be at capacity. So, it's been six years and they still haven't fixed the problem."

JEREMY NOLAIS/METRO

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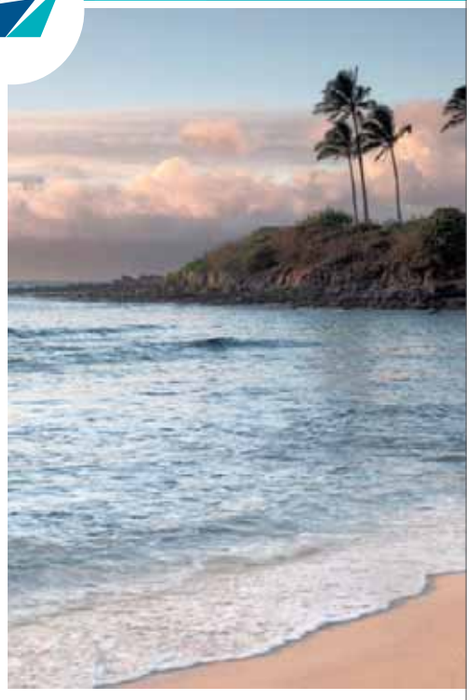

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Madigan Drive. Man's death called suspicious

Police say a man in his 40s was found dead in a northeast Calgary greenspace Saturday, and they're awaiting the medical examiner's results to find out the cause of death.

According to Sgt. Cory Ma, police were called around 1:40 p.m. Saturday to the 5900 block of Madigan Drive NE after police received calls about the body.

Ma said police are treating the death as suspicious at this time, though initial observations from responding officers indicated no obvious signs of trauma.

The medical examiner is expected to release findings on Monday.

Police are holding the scene until those results are known, and they continue to investigate. METRO

60,000 litres. Regulator reports crude oil spill

The Alberta Energy Regulator says close to 60,000 litres of crude oil have spilled into muskeg in the province's north.

An incident report by the regulator states that a mechanical failure was reported Thursday at a Canadian Natural Resources Limited pipeline approximately 27 kilometres north of Red Earth Creek.

The report says there are no reports of impact to wildlife and that a cleanup has begun.

Red Earth Creek is over 350 kilometres northwest of Edmonton.

Carrie Rosa, a spokeswoman for the regulator, says officials have been delayed reaching the scene due to poor weather in the last few days. THE CANADIAN PRESS

Dinosaur-themed zoo ads called 'tasteless'

Dinosaurs Alive.
Missing-animal artwork used to promote exhibit deemed insensitive to those who have lost pets

JEREMY NOLAIS
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Calgary Zoo officials have faced a roar of criticism over a prehistoric advertisement it says was merely intended as a "light-hearted promotion."

The ad aims to preview the return of the zoo's animatronic exhibit Dinosaurs Alive in the spring of 2015.

The image features a number of missing pet ads — "Let's find Einstein," reads one card that includes a picture of a dog wearing a Santa hat.

Some initially took the ad as implying the animals had been eaten by the dinosaurs, especially given that a number of viewers said the initial image was posted with the tagline "Hide your pets."

But zoo spokeswoman Trish Exton-Parder said Sunday the message meant "Hide your pets … so they do not get scared."

This ad, meant to preview the Calgary Zoo's Dinosaurs Alive exhibit, has faced some backlash online by those claiming it's insensitive. CONTRIBUTED

Even still, the ad faced criticism from those who say they've experienced the feeling that comes with losing a pet.

"You can say it's in good fun, but you're still making fun of something," said Okotoks mother Marcie Redgwell.

Her family's cat, Princess, went missing in the Drake Landing area months ago and hasn't turned up.

Redgwell said a better option might have been to use photos of zoo staff.

"These looked very much like missing pet pictures … it's not really a joke when your pet's missing.

"The family's hurt and the pet is either hurt or scared or stolen or missing for some reason and you don't know — that's the most painful thing."

Metro could not find any evidence of the original dinosaur post on the zoo's Facebook page Sunday, but was supplied with images indicating it had been there at one point last week and a number of people had posted comments that were critical of the ad.

People posting comments said that when the ad was removed their comments also disappeared.

"Sick. A very tasteless ad. The Calgary Zoo, I thought you had more class," wrote one woman.

"Please change your ad," wrote another. "Would you put missing children up there?"

Others, however, urged critics to lighten up.

Exton-Parder said there was no intention to be insensitive to those that have lost pets.

"The intention as many people understand, was purely a humorous one, leading people to believe that pets have gone into hiding because they are scared of dinosaurs," she said.

She later added, "Dinosaurs no longer exist as everyone knows and the exhibit, like it did in 2010, takes a fun look at dinosaurs, their history and why they no longer roam the Earth."

Exton-Parder said the zoo would continue to monitor feedback from community members.

Neil Bantleman taught at Calgary's Webber Academy for a decade. METRO FILE

Bantleman verdict expected in April

Family of a former Calgary teacher jailed in Indonesia on charges of sexual abuse believe his trial will begin early in the new year and a verdict will be handed down by early April.

Neil Bantleman has spent months behind bars in Jakarta after kindergarten-aged students at Jakarta International School came forward to claim he and a fellow staff member had raped them. Both Bantleman and his wife Tracy work at the school.

He's maintained he's innocent, as have staff, administrators and numerous family and friends.

In recent weeks, Bantleman has been moved to a higher-security prison called Cipinang Penitentiary Institution.

His brother, Guy Bantleman, provided a rough timeline from Neil's legal team that indicates a first trial, including the reading of an indictment letter, will begin in January. It's believed the prosecution will launch its case later in the month and then the defence will get its chance in February.

The team is anticipating a verdict in the trial on April 6.

JEREMY NOLAIS/METRO

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Muslims see success with outreach efforts

Ahmadiyya community.
Local adult and youth groups vow to keep fighting radicalization

The Messiah has come in the person
a Ghulām Ahmad (peace be upo
nded Ahmadiyya Muslim Comm
as the embodiment of the true
teachings of Islam.
Salman Khalid speaks during another public forum organized Sunday by Calgary's Ahmadiyya Muslim Jama'at. ROBSON FLETCHER/METRO

Members of Calgary's Ahmadiyya Muslim community say they're pleased with recent media coverage and public reaction to their outreach efforts and plan to continue spreading their message of peace and understanding.

"I think it's been received pretty well," Nasrullah Taha, general secretary for the local Ahmadiyya Muslim Youth Association, said of a forum his group held at SAIT last week and broader public relations efforts, which are ongoing.

As part of a broader national movement called Stop the CrISIS, local Ahmadiyya Muslims are working to counter what they describe as a perversion of Islam by extremist groups around the world.

Their two main goals are to prevent the radicalization of youth and to communicate their own understanding of Islam to the general public.

Taha said he's already seen progress since the SAIT forum.

"Before, there were a lot of people that didn't seem to know very much about Islam, apart from what the media tells them, and when I talked to them after they were pretty surprised by what the teachings actually are," he said Sunday during another outreach event, this one at the Bangladeshi Centre.

Mohsin Kamran, president of the Ahmadiyya Muslim Youth Association, said he's observed "a very good reaction from the community" so far, with one non-Muslim Calgarian telling him last week that he's no longer afraid of Islam, generally.

"He said … 'If everyone thinks like you guys think … we don't need to worry,'" Kamran said. ROBSON FLETCHER/METRO

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Vacant trustee seat hangs in balance

Byelection? Former representative of CBE wards 11 and 13 says she won't run again

The fate of a vacant Calgary public-school trustee seat remains up in the air, but at least one familiar face has taken her name out of the running.

Sheila Taylor tweeted Sunday she would not be seeking re-election to the board after resigning her wards 11 and 13 post to run for the vacant Calgary-West MLA seat. Taylor was ultimately defeated by Mike Ellis.

"I do not plan to run in the school board byelection if one is called," Taylor wrote Sunday. "Thanks to everyone who expressed interest and encouragement."

The Calgary Board of Education has posted the results of an online survey attempting to gauge public interest in hosting a byelection. Some respondents did openly advocate for allowing Taylor to retake her seat without a vote, but the CBE has said it has no power to do so.

Others, however, mused that a byelection would simply be a costly way to allow Taylor to return to public office.

"I see very little benefit and a lot of money spent for nothing," wrote one person. "If Sheila wants back in, she should pay for a byelection herself."

Larry Leach, chair of the Association for Responsive Trusteeship in Calgary Schools, however, believes there's a larger principle at play.

"All of the arguments against having a byelection are the same arguments against having trustees at all," he said. "If you value trustees, then you value a byelection ... byelections, by and large, have smaller turnouts and, in this case, it would be probably be smaller for sure. But does that make it invalid? You give everybody the opportunity (to vote) and that's what democracy is about."

Another area school board, Palliser Regional Schools, has opted to proceed with a vote after one of their own stepped down in July. JEREMY NOLAIS/METRO

Background

The CBE's most recent byelection was Dec. 1, 2003 in Wards 12 and 14. The organization says eight candidates ran and just 3.4 per cent of eligible voters turned out.

- **Of those who did respond to a CBE survey asking whether a new byelection should be held, nearly 54 per cent identified themselves as parents, 36 per cent said they were other taxpayers, nearly 10 per cent said they were CBE employees and less than one per cent claimed to be students.**

Former CBE trustee Sheila Taylor made it clear Sunday she won't attempt to reclaim her seat should a byelection be called. METRO FILE

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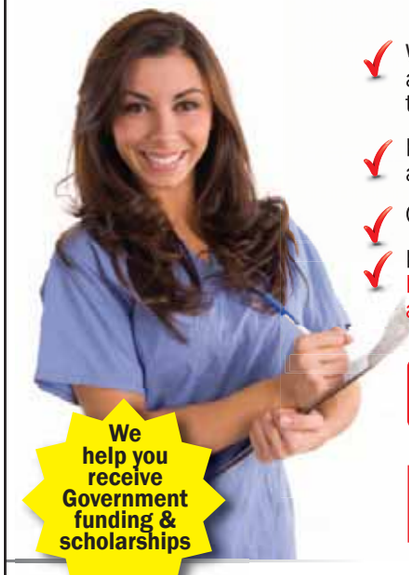

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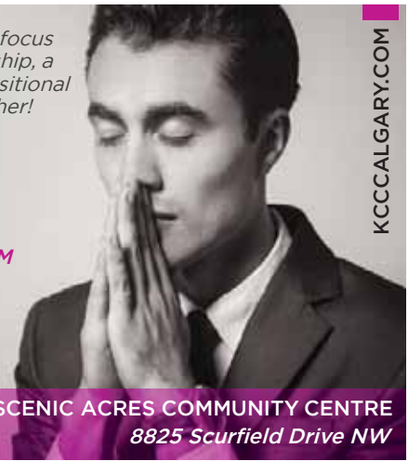

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Michaëlle Jean named new leader of la Francophonie

Secretary-General of la Francophonie Abdou Diouf raises the hand of former Governor General Michaelle Jean as she celebrates after being chosen as the new Secretary-General of la Francophonie during the Francophonie Summit in Dakar, Senegal on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

First female leader. Jean will replace Abdou Diouf, who stepped down after 10 years in the position

Former governor general Michaëlle Jean has been named the first female leader of Organisation Internationale de la Francophonie (la Francophonie) and says its members must work closely together to ensure prosperity and stability.

While the organization has concentrated largely on cultural issues over the years, Jean signalled on Sunday that more emphasis will be put on economic matters.

"One of the most ambitious and daring objectives that la Francophonie has ever set for itself is the idea of an economic Francophonie," she told a news conference after being named by consensus at a summit of its members in Dakar, Senegal.

"We need to work together, unite our efforts, especially as countries want growth, prosperity and development, knowing for example that a crisis in Mali is not (just) a Malian crisis."

She said a sharply focused economic strategy can provide "new relevance for la Francophonie."

Jean, 57, was up against four other candidates at the summit of la Francophonie, whose 57 members include Canada, Quebec and New Brunswick. She will replace Abdou Diouf, who stepped down after more than 10 years in the position.

Prime Minister Stephen Harper, who attended the meeting with Quebec Premier Philippe Couillard and New Brunswick's Brian Gallant, congratulated Jean.

"It's a great reflection on our country, on the role we play in the francophone world, internationally, and the recognition of the importance of the French fact and the French reality in our own country," Harper said. THE CANADIAN PRESS

List of demands

Prentice to discuss Energy East with Ontario, Quebec

Alberta Premier Jim Prentice is scheduled to meet with his Ontario and Quebec counterparts this week to lobby for support of the Energy East pipeline.

Both eastern premiers have a list of demands. They want contingency plans and emergency response programs, consultations with First Nations and consideration of environmental impact and greenhouse gas emissions. THE CANADIAN PRESS

D-rating

Canada lagging on animal protection: new global index

Archaic anti-cruelty legislation and weak transportation laws are among the reasons for Canada's mediocre ranking when it comes to animal protection, according to a new global assessment.

Overall, Canada gets a D-rating on the animal protection index, which rates 50 countries on a scale of A to G.
THE CANADIAN PRESS

Israeli-Canadian woman captured by ISIL: Reports

An Israeli newspaper report says Islamist websites are claiming extremists have kidnapped an Israeli-Canadian woman who joined Kurdish fighters.

The Jerusalem Post says reports of Gill Rosenberg's capture surfaced Sunday on websites "known to be close" to extremists from the Islamic State of Iraq and the Levant (ISIL). The newspaper says the websites give few details on the alleged kidnapping, only that it occurred after three suicide attacks on sites where Kurdish fighters were holed up.

A Foreign Affairs spokesman says the government is aware of reports a Canadian citizen was kidnapped in Syria and is "pursuing all appropriate channels to seek further information."

Clashes between ISIL and Kurdish troops have largely focused on the Syrian city of Kobani, near the Turkish border.

The al-Qaida splinter group is currently in control of large swaths of territory in both Syria and Iraq. THE CANADIAN PRESS

Saudi Arabia

Canadian stabbed by Saudi: Report

The official Saudi Press Agency says a Canadian citizen was stabbed by a local man while he shopped in a mall with his family in the country's oil-rich Eastern Province.

The news agency, quoting a police spokesman, says the victim was transferred to a hospital Saturday afternoon.

Police say they have arrested the man and are investigating. THE ASSOCIATED PRESS

Mental health staff for remote military posts difficult to find: DND documents

National Defence's pool of candidates for vacant mental health positions dried up quickly last spring when civilian recruits were told they would have to relocate to far-flung military outposts.

Critics say that underlines the need to recruit uniformed psychiatrists, psychologists and counsellors. Briefings and documents, obtained by the federal Liberals, show how officials scrambled to fill 54 vacant staff jobs amid a crisis where as many as 10 soldiers and veterans took their own lives within a three-month period.

"We anticipate a minimal number of offers to be issued because those qualified individuals remaining in the pool are not interested in the work locations are unwilling to relocate," said a document prepared by the assistant chief of military personnel.

National Defence tried to fill the vacancies by launching ad campaigns, but officials said there was a lack of interest in locations such as Cold Lake, Alta., or Shilo, Man. THE CANADIAN PRESS

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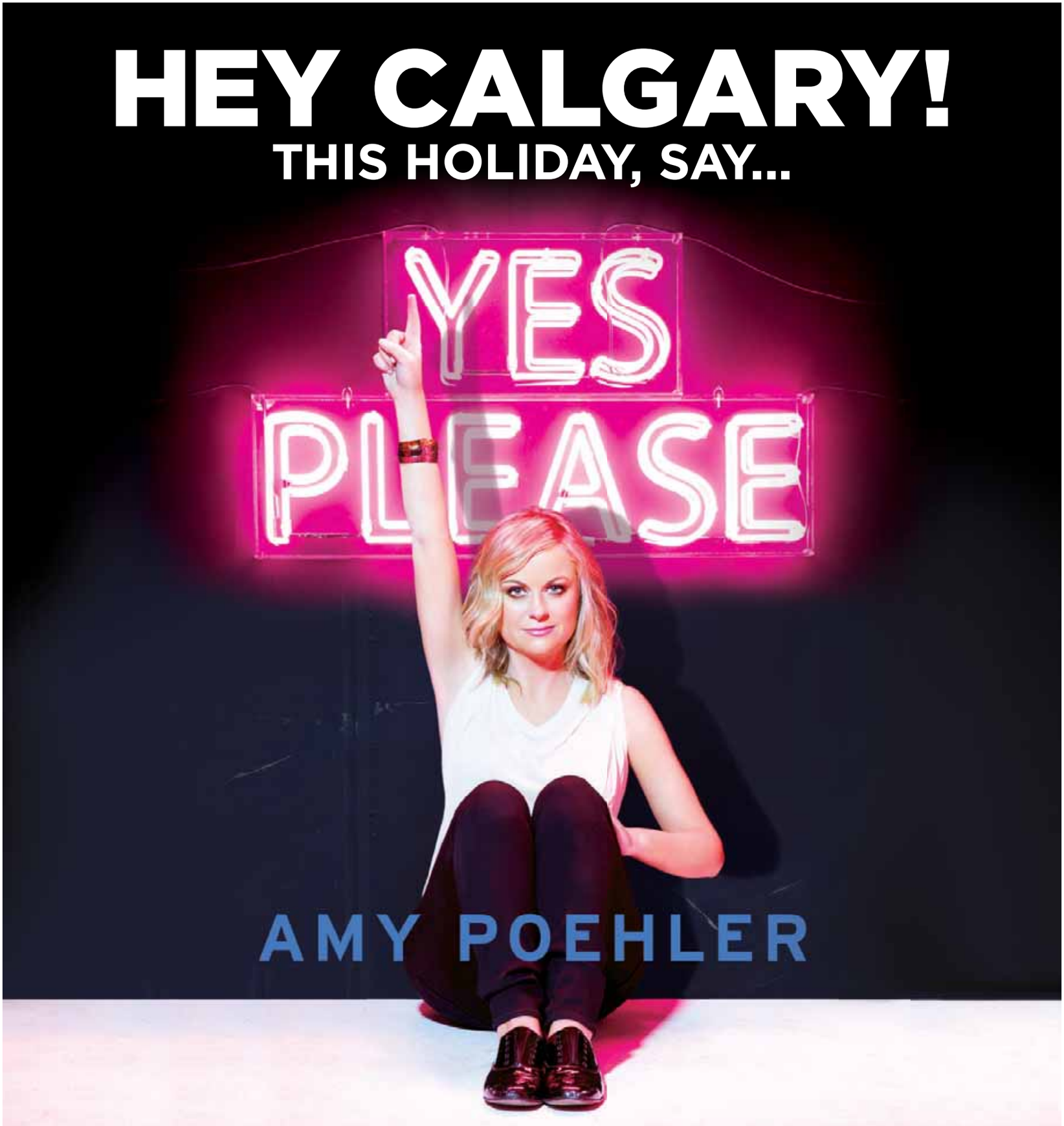

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Diner stands by Cosby amid sex allegations

Ben's Chili Bowl restaurant is seen in Washington, D.C. on Saturday. It's an old diner in the U.S. capital that's as beloved for its chili dogs as it is for its survival, having withstood devastating riots and economic lean years. Now it's standing by Bill Cosby, its longtime customer whose face is plastered all over the place. Cosby has been eating at Ben's Chili Bowl for over a half-century. In fact, he's part of the decor. A huge mural outside has his face on it; the wall inside has his photos up; and there's a sign behind the cash register that says he eats for free. That won't change with a string of sexual-assault allegations. The owners say they have no plans to scrub Cosby off the walls or the sign behind the cash that says, "People who eat free: Bill Cosby. President Obama/ Family. And no one else." ALEXANDER PANETTA/THE CANADIAN PRESS

Ferguson cop gets no payout

Michael Brown. Darren Wilson left the city's force after threats against him stirred fears of police, community safety

Ferguson police officer Darren Wilson did not receive a severance package when he resigned over the weekend, the St. Louis suburb's mayor said Sunday.

Wilson, 28, won't receive any further pay or benefits, and he and the city have severed their ties, Mayor James Knowles told reporters a day after Wilson tendered his resignation, which was effective immediately.

Wilson, who is white, had been on administrative leave since he killed Michael Brown, an unarmed black 18-year-old, during an Aug. 9 confrontation. A grand jury decided Monday not to indict him, sparking days of sometimes violent protests in Ferguson and other cities.

Wilson wrote in his resignation letter that his "continued employment may put the residents and police officers of the City of Ferguson at risk, which … I cannot allow."

His lawyer, Neil Bruntrager, told The Associated Press that Wilson decided to step aside after police Chief Tom Jackson told him about the alleged threats on Saturday.

He said Wilson, who had worked for the department less than three years, and the city were already discussing an exit strategy.

THE ASSOCIATED PRESS

Unity. Pope hopes for meeting to end centuries of division between churches

Francis spoke to reporters Sunday en route home from Turkey, where he made a gesture of deference to the spiritual leader of the world's Orthodox Christians by bowing down to receive his blessing.

Francis also assured Turkey's Orthodox community that the Catholic Church wouldn't force the Orthodox to give up their patrimony on the path to unity.

Asked about prospects of meeting with Patriarch Kirill, head of the Russian Orthodox Church, Francis said both wanted to meet.

"I said I'll go wherever you want — you call me and I'll go. And he also has the same desire," Francis said. "But with the problems of the war, the poor guy has so many problems, so a meeting with the pope will have to wait. But we do want to meet. We want to go forward."

Earlier Sunday in Istanbul, Francis and Ecumenical Patriarch Bartholomew I, in a joint statement, said they were praying for peace in Ukraine.

The Russian Orthodox Church has largely backed Russian President Vladimir Putin's position on Ukraine.

The Catholic and Orthodox churches split in 1054 over differences on the primacy of the papacy. THE ASSOCIATED PRESS

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Case probes free speech limits on the Internet

Social media. U.S. man convicted after posting rap lyrics on Facebook about his estranged wife

Anthony Elonis claimed he was just kidding when he posted a series of graphically violent rap lyrics on Facebook about killing his estranged wife, shooting up a kindergarten class and attacking an FBI agent.

But his wife didn't see it that way. Neither did a federal jury.

Elonis, who's from Bethlehem, Pa., was convicted of violating a federal law that makes it a crime to threaten another person.

In a far-reaching case that probes the limits of free speech over the Internet, the Supreme Court on Monday was to consider whether Elonis' Facebook posts, and others like it, deserve protection under the First Amendment.

Elonis argues that his lyrics were simply a crude and spontaneous form of expression that should not be considered threatening if he did not really mean it. The government says it does not matter what Elonis intended, and that the true test of a threat is whether his words make a reasonable person feel threatened.

The case has drawn widespread attention from free-speech advocates who say comments on Facebook, Twitter and other social media can be hasty, impulsive.

Elonis was convicted of making threats of violence and sentenced to nearly four years in federal prison. A federal appeals court rejected his claim that his comments were protected by the First Amendment. THE ASSOCIATED PRESS

Pennsylvania man Anthony Elonis was convicted of violating a U.S. federal law that makes it a crime to threaten another person, after posting a series of graphically violent rap lyrics on Facebook about killing his estranged wife. AFP/GETTY IMAGES

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U.S. survey

Black Friday's mojo threatened

A survey of shoppers released Sunday by the National Retail Federation shows how early discounting, more online shopping and an improving economy have fewer people shopping on the weekend that kicks off the holiday shopping season.

Overall, 133.7 million people shopped at stores and online over the four-day holiday weekend, down 5.2 per cent from last year, according to a survey of 4,631 consumers.

THE ASSOCIATED PRESS

Retail

Holiday advertisers shifting online

Advertising campaigns are increasingly allocating more funds to target online shoppers, in addition to traditional newspaper ads, radio and television commercials and glossy catalogues. Retail sales in Canada are expected to hit $46.8 billion in December, up five per cent from last year, according to a study by Colliers International. "It's ... fishing where the fish are," said David Rosenberg, of advertising firm Bensimon Byrne.

THE CANADIAN PRESS

Baby boomers. Financial hurdles for gay retirees

Jim Albaugh
THE ASSOCIATED PRESS

For Kathy Murphy, the difference between being gay or straight is $583 a month.

Retirement should have been a "slam dunk," the 62-year-old Texas widow says. She saved, bought a house with her spouse and has a pension through her employer.

But Murphy's retirement has not been secure; she is missing out on thousands of dollars a year in Social Security benefits because she was married to a woman. Murphy fell into a loophole in Social Security that denies survivor benefits to same-sex couples depending on what state they live in.

Social Security isn't the only factor in a retirement-savings deficit among gay baby boomers in the U.S. The AIDS crisis frightened many HIV-positive gay men and women into thinking they wouldn't live long and discouraged them from saving.

Jim Albaugh is one of them. Diagnosed with AIDS in 1990, he was in and out of hospitals. He now faces another crisis: He has little in savings and can't work as much as he did before his illness. Without public financial support programs, he would not be able to get by.

THE ASSOCIATED PRESS

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VOICES

TORIES' WEAK SPOT

Opposition parties smell opportunity in Calgary Centre in next year's federal election. But the riding could become a battleground for high-profile progressives, allowing the Conservative candidate to slip past — just as it happened in 2012

JEREMY KLASZUS
calgary@metronews.ca

Calgary-Buffalo MLA Kent Hehr, seen in this 2012 photo, has won the Liberal nomination for Calgary Centre. METRO FILE

Here we go again. With a federal election coming in fall of 2015, a high-profile progressive has officially secured the Liberal nomination for the riding of Calgary Centre. The candidate is Kent Hehr, currently a provincial Liberal MLA. He joins his colleague Darshan Kang, another Calgary Liberal MLA who's also running for the federal Liberals in 2015.

One can see why Hehr, a lawyer, is jumping from the provincial arena into the federal one. He has a real shot at becoming MP, as Calgary's inner-city communities have a history of supporting progressive politicians in recent years.

This is Nenshi country — and, indeed, Hehr country. Hehr has represented the provincial riding of Calgary-Buffalo — which covers much of the same turf as Calgary Centre — for six years. He won convincingly in both the 2008 and 2012 elections. That's particularly impressive given that the Alberta Liberals were all but obliterated over that time, going from 16 MLAs to a mere five.

The Alberta Liberals are more or less on life support. Even so, Hehr has supplied much of the party's remaining vitality. In the legislature, he's been a dogged critic of the Progressive Conservatives in areas such as LGBTQ rights and post-secondary education.

Currently, Alberta has just one non-Conservative MP: Edmonton's Linda Duncan, who snatched an inner-city riding there from the Tories in 2008. Hehr could pull off a similar coup here, so long as we don't see a repeat of 2012. That year, a byelection was held in Calgary Centre. Opposition parties all smelled opportunity.

The Conservative candidate was Joan Crockatt, a pundit and former journalist.

The Green Party had a strong candidate in author Chris Turner, and invested heavily in the race. (Full disclosure: I volunteered on Turner's campaign, as he is a friend.)

The Liberals also had a strong candidate in respected conservationist Harvey Locke.

The result? The Conservatives won, as they have since the riding was created in 1968.

Crockatt became MP despite making a number of controversial statements during the campaign. She infamously said an MP's job "is to support the Prime Minister in whatever way that he thinks."

Crockatt's victory, however, was hardly decisive. The Conservatives got 37 per cent of the vote to the Liberals' 33 per cent and the Greens' 26 per cent. It was one of the poorest showings in recent times for a Conservative in this city.

The riding is clearly a spot of vulnerability for the Tories. The problem for progressives is that all parties see that, and want to capitalize on it. Hopefully Calgary-Centre won't be a battleground for high-profile progressives to undermine each other again and let the Tories slip past.

The best thing the other non-Conservative parties can do for Calgary-Centre in 2015 is save their firepower for other ridings. Instead of creating another situation where progressives are divided, let Hehr take on the Tories directly.

Let's see what he can do.

World AIDS Day

In the span of a generation, AIDS has gone from being a death sentence to a treatable disease in Canada. With World AIDS Day taking place this Monday, Metro's Matt Kieltyka talks to experts about how far we've come and what still needs to be done.

DEVASTATION SPURRED US INTO ACTION

Dr. Julio Montaner

Dr. Julio Montaner, the world-renowned AIDS researcher and director of the British Columbia Centre for Excellence in HIV/AIDS, remembers what it was like to walk the streets of Vancouver at the height of the outbreak in the 1980s and '90s.

"The first decade or two was really devastating. It was a bit scary to walk down Davie Street," said Montaner, referring to the city's gay district. "There was a lot of AIDS walking around, a lot of sick people."

At that time, patients — mostly gay men, then — were being ostracized, discriminated against and stigmatized. For Montaner, it was the sight of real human suffering on the streets and the chance to learn from advocates that helped turn the tables and change the culture surrounding the disease.

"It had an effect on you," said Montaner, chief architect of the UN's new 90-90-90 strategy to end the AIDS epidemic by 2030.

Much of the fear and paranoia in the gay community gave way to tolerance and education, allowing researchers and health-care workers to attack the virus. Patients are living longer lives thanks to Montaner and his team, who championed advances in the form of highly active antiretroviral therapy (to reduce viral loads) and the Treatment as Prevention model (to cut the spread of the disease). The latest advancement is a regimen of drugs that can be taken proactively, preventing patients (those that can afford it) from contracting the virus. As a result, new AIDS cases in Canada have dropped 90.6 per cent since 1993, when the country reported a record 1,833 cases.

Montaner has been calling for the federal government to adopt his strategies on a national level to reach affected and often marginalized groups.

SHIFT DOESN'T EXTEND TO THOSE HIT HARDEST

Jessica St. Jean

Despite the medical progress being made treating patients and reducing the spread of HIV/AIDS, cultural stigmas still prevent many populations from accessing proper education, testing and medical services.

"HIV, in the minds of people, is as serious as it has ever been," said Jessica St. Jean, manager of the indigenous education program at YouthCo, a Vancouver organization that strives to reduce the impact of HIV among youth.

"There is still so much stigma and fear around sex and sexuality and HIV."

While gay communities in urban centres have plenty of education and medical resources available to them, other demographics aren't so lucky.

First Nations, gay people in rural communities, drug addicts and sex-trade workers are underserved and even criminalized in many cases.

"(Yet) marginalized populations are the ones most affected by HIV," said St. Jean.

For example, the rate of positive HIV test reports in Saskatchewan has suddenly skyrocketed to 17 per 100,000 people as of 2012, three times the national average.

That spike is largely attributed to drug use within aboriginal communities.

"Just getting tested is a barrier outside the cities," said St. Jean, adding education is woefully lacking, along with resources.

"I'm indigenous and come from a small town; it's well known if you go to a hospital you won't be treated as well because of the colour of your skin."

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Canadian Investors Buying American Dream

5 Reasons Canadians should invest in the US Right Now

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2. <u>There's more Inventory than ever before</u>. It's a buyers' market. People in the US are almost giving houses away to avoid foreclosure and rising upkeep costs, and because of American industry downsizing.
   "Inventories are at their highest level in over a year, and price gains have slowed to much more welcoming levels," said Lawrence Yun, Chief Economist at the National Association of REALTORS®.
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The Polar Sea follows amateur sailors through the Northwest Passage in a 10-hour TV documentary and an interactive online video and magazine. CONTRIBUTED

See Arctic voyage on TV, online or in virtual reality

Multimedia. The Polar Sea borrows Netflix strategies as it tracks amateur sailors on journey through the Northwest Passage

It's a 10-part TV documentary series, an interactive web doc, an online magazine and an experiment in the emerging field of virtual reality.

The producers behind The Polar Sea, which follows a trio of middle-aged amateur sailors on an ambitious and arduous voyage through the Northwest Passage, don't really care how you experience their investigation into climate change.

But they are proud that the documentary, is getting so much airtime — on TVO in Ontario starting on Monday. New episodes air every weeknight for two weeks. The series will also be available for all Canadians to stream at tvo.org/polarsea. Borrowing a strategy from Netflix, all 10 episodes will go online on Monday for binge watchers.

It was decided early on that the TV doc would be just one part of the story, says producer Kevin McMahon of Toronto-based Primitive Entertainment, who notes that the Canada-German co-production involved five film crews shooting over the course of four months.

"I think everybody in this business is now looking at finding a way to speak to as broad an audience as possible and, increasingly, that means speaking through different platforms. We're trying to offer as many doors into the story as we possibly can."

Climate change

Producer Kevin McMahon says the doc looks at climate change through the Arctic because it's changing faster than anywhere else in the world. "Ten or 15 years ago, it would've been impossible for me or you to sail through the Northwest Passage."

Production company Deep 360 created an interactive 30-minute online companion documentary with 360-degree video. In a web browser, users can zoom, pan up or down, or spin the camera angle around as the documentary plays. In one incredible scene, viewers are on a beach as the Northern Lights glow overheard.

"Everyone had this wish to create something on the interactive side in tandem with the series that would allow people to actually experience the Arctic," says Deep 360 founder Thomas Wallner.

The interactive documentary is also compatible with soon-to-be-released virtual reality devices, including the Facebook-owned Oculus Rift and Samsung's Gear VR.

For those who want to go really deep into the subject, there's also an interactive online magazine — available in English, French or German.

THE CANADIAN PRESS

DVD review

Dawn of the Planet of the Apes

Director. Matt Reeves

Stars. Andy Serkis, Jason Clarke, Gary Oldman

In title and spirit, it evokes the opening sequence of Stanley Kubrick's 2001: A Space Odyssey, an obvious influence on director Matt Reeves.

Dawn builds on Rise of the Planet of the Apes (2011), picking up the prequel story about a decade after mankind has been devastated by a simian flu unleashed just as smart apes have revolted against human oppressors.

Andy Serkis again stars as lead ape Caesar, the most intellectually and emotionally evolved of the apes, having grown not just as a rebel and leader but now also as a father and family figure.

Caesar can understand the need of the surviving band of humans — led by Jason Clarke and Gary Oldman — to restore order by reactivating a hydro power plant in ape territory outside a ruined San Francisco. But rivals amongst both apes and humans conspire against him.

The thoughtfulness isn't at the expense of action, which the movie delivers with impressive power.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS: GETTY IMAGES

Shake It Off, Matt: Taylor might still want you

Maybe you've never heard of British band The 1975, but apparently it's a thing and it has a lead singer named Matt Healy, who recently met Taylor Swift. And things apparently went really well — though Healy might have just ruined the whole thing with a single radio interview. "I met Taylor Swift — that was really nice," Healy said during a recent interview with Shazam Top 20 radio. "We exchanged numbers. Let's see what happens."

I could tell you what's going to happen, Matt, but I don't want to spoil it. "I mean bloody hell, what am I going to do? Go out with Taylor Swift? She's a sensation, I wouldn't say no," Healy added. Oh Matt, buddy, I don't think that's up to you anymore.

Post-surgery Freddie Prinze Jr. clarifies that 'learnin to walk' thing

Freddie Prinze Jr.

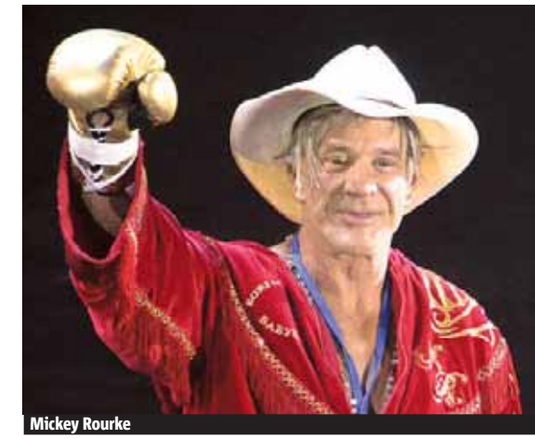
Outspoken She's All That and Star Wars Rebels star Freddie Prinze Jr. revealed on Twitter that he underwent spinal surgery recently, though he could have phrased the initial announcement better. On Wednesday he tweeted, "Learnin to walk again is like learning jiu-jitsu — one technique at a time" along with a photo of himself in a neck brace. The "learnin to walk" bit caused a bit of a stir, so Prinze had to clarify that he's just fine, tweeting, "I can walk fine. Just putting back together one step at a time."

The Word

Shia LaBeouf says he was raped at art gallery

NED EHRBAR
Metro in Hollywood

Hey, remember earlier this year when Shia LaBeouf set himself up in a Los Angeles art gallery with a bag over his head to have staring contests with strangers for five days? Well, the actor says he was raped during the show. "One woman who came with her boyfriend — who was outside the door when this happened — whipped my legs for 10 minutes and then stripped my clothing and proceeded to rape me," LaBeouf says in an email interview with Dazed and Confused magazine. "Then (she) walked out with her lipstick smudged to her awaiting boyfriend who I imagine was quite hurt by it." To make things even more absurd, this happened when his girlfriend, Mia Goth, was coming to visit the show and he couldn't talk to her about it. "It was Valentine's Day and I was living in the gallery sleeping in a sleeping bag for the duration of the event," he explains. "We were separated for five days. No communication. So it really hurt her as well as I guess the news of it travelled through the line. She was only about 25 people back. When she came in she asked for an explanation and I couldn't speak so we both sat with this unexplained trauma silently. It was painful."



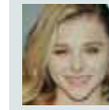
Mickey Rourke

Mickey Rourke's dubious boxing victory

A nearly unrecognizable Mickey Rourke took to the ring at age 62 to defeat a 29-year-old opponent during a boxing match in Russia over the weekend, and if it all sounds too good to be true, that's because it probably is. Footage from the bout shows Rourke levelling former California Golden Gloves champ Elliot Seymour with a couple of suspiciously weak-looking blows. Rourke had a three-year boxing career that ended more than 20 years ago, and he says this victory is just the beginning, as he has another four fights planned. "I've got some things going on in my life so (boxing has) sort of saved me from myself," Rourke recently told Russian television. "And for a man like me, it's better to live in fear than go on in shame." Whatever works for you, buddy.

Twitter

@SarahKSilverman
I have 3 spoons. I am a full grown woman & I own 3 spoons. Shouldn't I have like 10-12 spoons?



@ChloeGMoretz
Stealing pics from people's private accounts is rude and invasive. Just don't do it

@IGGYAZALEA
Santa snow spray is addictive. I'm spraying my entire house. F--- it.

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LIFE 3

Frugality isn't the other F-word

Money management. Hang-ups about conscious budgeting can get in the way of good financial plans

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you worry if being frugal may be perceived as cheapness? ISTOCK

Do you think people who are more frugal are so because of necessity? Do they think frugality leads to wealth? Or are they just uptight weirdos who will do anything to save a buck?

Stories abound about the "millionaire next door" who drives the 20-year-old rust bucket and wears the same pants he bought in 1942.

And there are a wealth of anecdotes about people who clip coupons, hunt the deals, shop very carefully to save cents because that's the only way they can make ends meet.

But what about the people in the middle; the folks who have enough to make do and then some. How careful are they about how they spend their money? And what drives them to be frugal if they are?

I was sharing some apps I'd recently been talking about on TV with a bunch of women when one woman said with a great deal of disdain, "We don't need to be careful. We make more than enough money and I like not having to think about it."

Another in the group responded, "Hey, I like the game. I love seeing how much I can save each month. It feels like a win!"

So which camp do you fall into?

a) I don't even want to think about it
b) I love the game
c) I have no choice

I'm not a rabid bargain shopper. I like a good deal, but no deal is good enough to make me spend money for something I don't actually need or really, really want.

So hearing there's a sale on at the TV store isn't going to make me go looking at TVs. In fact, if I'm not looking for something in particular, no flyer is going to make me head to the store for new shoes, garden supplies or patio furniture.

In my book, sensible spending and solid money management are as important as how much moolah you're bringing in.

After all, if you spend every cent of your salary, no matter how enormous it may be, you will still wind up in Debt Hell.

Witness what happened in Alberta in the last couple of years as people's incomes skyrocketed and their ability to borrow went right on up, too.

Albertans have the highest level of debt in the country — so much for those great incomes — and their net worths are falling like a rock.

If you make the effort and take the time to watch your money, you can grow a pretty satisfying nest egg on a relatively small income.

That's where the "blue-collar millionaire" phenomenon was born. Once upon a time, blue-collar workers were seen as just making ends meet.

Then financial institutions woke up to the reality that lots of people with average-Joe salaries had stockpiled quite the basketful of money simply by making saving a priority. There are all kinds of reasons why people eschew frugality. Some folks hate the idea of holding up the checkout line with their myriad coupons.

Others don't want people to think them "cheap." Still others just can't be bothered with hauling around flyers for price matching or pulling out the right loyalty card to earn points. Saving money should simply be a habit.

And when you find yourself becoming complacent — when you think you have so much money that you don't consider cost a factor in your purchase decision — it's time to pinch yourself.

You've wandered into dangerous territory.

Technology tips

I have some good news: Technology has made it easier than ever to save money while shopping, so you have the money you need to meet goals like debt repayment, retirement savings, and saving for your kids' future education. Here are five of my faves:

1 Flipp: Find what's on sale and clip it straight to your shopping list. You know how I feel about shopping lists. Never leave home without one! No more toting around flyers so you can price match. And if you're looking for something in particular, just type it into the search function.

2 Checkout 51: A Canadian app, you take a picture of your receipt and submit it and the products featured give you cash back without your having to clip a coupon. When your account hits 20 bucks, you ask for a cheque. Download CartSmart and SnapSaves and make your receipts do triple-duty!

3 Gasbuddy: Find the cheapest gas wherever you are and earn points for gas prices you report to the site. This is community shopping at its best.

4 Redlaser: Tired of hauling around all those loyalty cards? Download Redlaser and you won't have to. Need I say more?

5 BillMinder: Have trouble keeping track of when bills are due? This app is for you. See all your bills, record the date paid and even export to Excel. Nifty.

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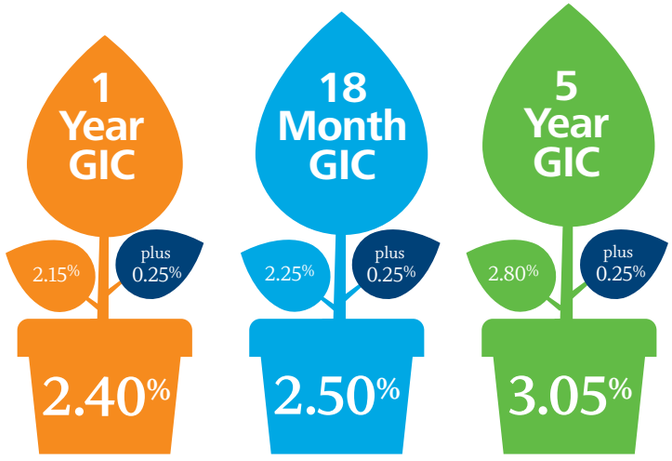

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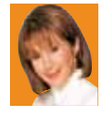
This recipe serves six. ROSE REISMAN

When Pizza met Mac 'n' Cheese ...

Pizza Mac 'n' Cheese Pie. Two fast food classics team up in one cheesy dish



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Two of our favourite fast foods are pizza and mac 'n' cheese.

A little kitchen experimentation led to combining these two ideas into a healthier version, and my Pizza Mac 'n' Cheese Pie was born!

Instead of a doughy pizza crust, I use whole wheat penne pasta as the base and pour a lighter cheese sauce over top.

The cheese sauce combines evaporated milk and chicken stock thickened with flour. This eliminates the use of excess butter and higher fat milk.

Using an older, sharper cheese allows you to use less, which also reduces the calories and fat.

This dish is easy to make and a great way to put a spin on meals already in heavy rotation at your household. Pizza Mac 'n' Cheese Pie is sure to be a new family staple!

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Preheat the oven to 375 F. Spray a 10 – 12-inch pie pan or skillet with vegetable oil.

2. Bring pot of water to a boil. Add penne and bring back to a boil, cooking for 8 minutes or just until tender. Drain pasta well and place in pie dish.

3. While pasta is cooking, make sauce. Whisk the flour, stock and milk in a saucepan until smooth. Place the mixture over medium heat and cook, whisking constantly, for about 3 minutes or until the mixture is hot and slightly thickened.

4. Stir in the cheddar and Parmesan cheese and the mustard. Cook until the cheese melts, about 1 minute. Remove from the heat. Add the cheese sauce to pasta and toss to combine.

5. Flatten pasta in pie pan, top with tomato sauce, green peppers, tomatoes and grated mozzarella cheese. Bake 25 minutes. Let rest for at 5 minutes to make cutting easier.

Nutritional information

Per serving: 342 calories, 38 g carbohydrates, 1.8 g fibre, 27 g protein, 10 g total fat, 4.5 g saturated fat, 44 mg cholesterol, 500 mg sodium

Ingredients

- 375 g penne pasta (preferably whole wheat)

Cheese Sauce

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 1 cup shredded aged light cheddar cheese
- 1/4 cup grated Parmesan
- 1/2 tsp Dijon mustard

Topping

- 1/3 cup tomato sauce
- 1/2 cup sliced green peppers
- Handful of cherry tomatoes
- 1/3 cup grated mozzarella

Future boss, welcome to my bachelor pad

OFFICE SPACE
Eleni Deacon
life@metronews.ca

They're hiring you, not your home

If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your flaky Internet connection.

Dear Metro,

I have a Skype interview this week for a new job. It's a big position, and I want to look professional. Problem is, I live in a crummy apartment with loud, nosy roommates. I'm afraid I'll be interrupted or come off like an unprepared kid. How can I make myself seem more polished?

— Incoming Call

Dear IC,

Skype interviews aren't an invitation to talk shop in your undershirt while eating Spaghettios. Treat it like an IRL assessment: Comb your hair and be prepared.

Your home may not be the 11th-floor boardroom, but you can stage a neutral setup. Keep your background simple: blank walls are best.

If your roommates are so reckless they can't respect a "PLEASE DO NOT DISTURB" text, consider renting a sealed meeting room at a shared workspace or library. Just make sure they have a solid Wi-Fi connection.

And on that note, remember that it's more about you than your surroundings. If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your Internet connection.

Same goes for your roomies: If they bust onscreen wearing body paint and swinging a bottle of Jack Daniels, ask them to leave in a professional manner. Then eat their cookies later.

Dear Metro,

I share a small office with a really nice guy — who is also anal-retentively clean. He won't let me touch anything. He even gets finicky when my own desk gets cluttered! I'm the type of person who likes a little lived-in mess, and I'm finding his rules really aggravating. How can we find a middle ground?

— Must Maintain Some Mess

Dear MMSM,

He: likes Lysol wipes. You: want to work among knick-knacks and paper stacks. The match is not ideal — but there are techniques to Swiffer your tensions away.

How "alive" is your "lived-in" disorder? If your corner is a dumping ground for empty Tim Hortons cups and, say, old copies of Metro circa 2012, the problem isn't him — it's you.

A certain level of professional cleanliness is expected at any office, and you first need to check your own mess.

If he's overly must-dust clean, set some boundaries. Your desk is your own office real estate, and he shouldn't get all twitchy if you leave some mail next to your phone. Respect the common areas, but explain, politely, that your brain functions better in clutter.

You could also make a schedule: Say you'll tidy once a week and stick to it. He can't fret on Monday when housekeeping day is Thursday. Or just let the guy clean. Saves you from doing it yourself.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

If your only at-home interview option is to answer questions from a chaotic kitchen, consider seeking out a quiet meeting space in your community. ISTOCK

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Shop safely online

CONTRIBUTED

What could be more up your tech-savvy alley than doing your holiday shopping online this Cyber Monday? Ensure you have a safe and secure online shopping experience with tips from Joe Stewart, director of malware research for Dell SecureWorks.

1 Make sure your computer's anti-virus and malware detection software is patched and up-to-date. Also, keep your browser and browser plug-ins (document viewers, music and video players and rich content applications) patched and up-to-date.

2 Type the web address of your favourite shopping websites into your browser. "Online ads and emails may direct you to bogus sites designed by cyber criminals to extract personal information," Stewart says.

3 When making online purchases, look for HTTPS in the URL window. The extra "S" after HTTP lets you know the website provides a layer of security.

4 Watch for websites, online ads or unsolicited emails with free offers or big discounts. "Also, be sure not to click on the links or attachments, which could infect your computer with malicious software," Stewart says.

5 Make online purchases using a credit card with a small credit limit. This limits your potential exposure.

6 Be wary of holiday greetings, news and pictures with links or attachments. Verify first that the correspondent sent you the email. "Your friends could have had their email address book hijacked by hackers," Stewart says.

7 Never respond to emails from your bank or any financial institution that ask for updated information. "Financial institutions rarely ask customers to update information via email, and they never ask you to disclose sensitive information via email," Stewart says.

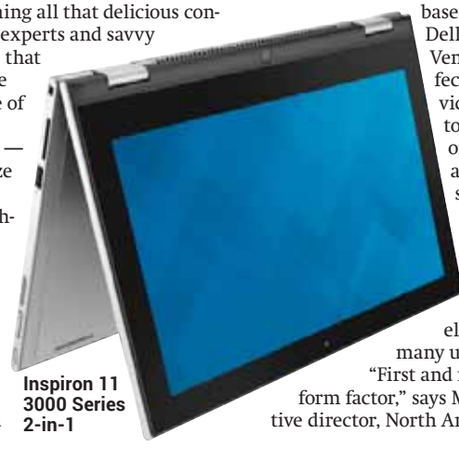
8 Avoid using weak or default passwords for any online site. Use a different password for each site; store your passwords securely and auto-generate new, strong passwords with a passport management tool like LastPass or KeePass.

9 When possible, use a computer dedicated solely for accessing financial accounts, online purchases and paying bills. "This computer should not be used for surfing the web or for emailing, the primary vectors for infecting your computer."

NOTHING BEATS THE EASE OF A TABLET

From streaming TV shows to downloading films to following celebrities on social media, the digital world provides countless ways to keep us entertained. And when it comes to consuming all that delicious content, technology experts and savvy consumers agree that nothing beats the comfort and ease of a tablet.

Today's tablets — with a display size from seven to 10 inches with touchscreen interface — are versatile, portable and pack enough processing power to watch a movie on the go, store and share photos and videos, browse the Internet, download apps, read newspapers, magazines or books, and so much more.



Inspiron 11 3000 Series 2-in-1

But tablets aren't just for fun. Windows-based tablets, such as the Dell Venue 8 Pro and Venue 11 Pro, are perfect for use as work devices, enabling people to use Microsoft Office or Windows-based applications for seamless transition between devices, toggling between a desktop or laptop.

What makes a tablet the preferred electronic device of so many users?

"First and foremost, there's the form factor," says Marissa Tarleton, executive director, North America consumer marketing, Dell. "A tablet is mere millimetres thin and weighs only a pound or less. It's very portable, and it has instant 'on' access, so there's no waiting to boot up a tablet."

Venue 7 3000 Series tablet

Tablets have changed the way many people consume content, but some are choosing two-in-one laptops with tablet and laptop in one device. Typically, with a screen size of 10 to 13 inches, some two-in-ones have a flip or 360 hinge to move from laptop to tablet mode, for example, the Dell Inspiron 11 3000 Series 2-in-1 or the Dell XPS 11.

For users who want the benefits of a more traditional "desktop" feel, the Dell Venue 11 Pro offers an optional full-sized Dell Tablet Keyboard with built-in battery. Or you can go even further with a Dell Tablet Dock, which enables users to connect to external monitors, a keyboard, mouse and printers.

For this year's holiday gift list, see all the great tablets and other devices at dell.ca.

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Bo boosts Stamps to championship

Grey Cup. QB raises game with title on the line vs. Ticats on CFL's biggest stage

Bo Levi Mitchell carried the Calgary Stampeders to a Grey Cup title Sunday.

Mitchell threw for 334 yards as Calgary held on for a thrilling 20-16 win over the Hamilton Tiger-Cats at BC Place in Vancouver. The six-foot-two, 196-pound Texan was calm and precise on the field, completing 25-of-34 passes in his first career Grey Cup start. He was named the game's outstanding player.

At one point, Mitchell threw 10 straight completions, tying him for the third-longest streak in Grey Cup history before a boisterous gathering of 52,056 — 1,423 short of a sellout.

"This is something I worked my entire life for," said Mitchell. "To come to the Grey Cup and have a game like this and have the guys do what we did tonight after so much work, it's such an indescribable feeling."

Mitchell credited Stampeders offensive co-ordinator Dave Dickenson for much of his success.

"I'm not the same person without him," he said. "That guy gets me so prepared, there's no stone unturned."

But the West Division champions needed two late defensive stands and some luck to secure the victory.

A Delvin Breaux interception of Mitchell put Hamilton at the Calgary 50-yard line. QB Zach Collaros marched the offence to the three-yard line before the Stampeders' defence stiffened, resulting in Justin Medlock's 17-yard field goal at 9:25 of the fourth quarter to pull to within 20-13.

Hamilton regained possession at its 41-yard line with under four minutes remaining and marched to the Calgary 23. Cory Mace's sack stalled the drive and set up Medlock's 37-yard field goal to cut the Stampeders' lead to 20-16 with just over two minutes remaining.

Brandon Banks returned a Rene Paredes punt 90 yards for a TD with half a minute left, but it was nullified by an illegal block penalty.

Instead of having the lead, Hamilton took over at its own 12-yard line.

After the game, Banks stormed out of the Ticats locker-room before the media were allowed in. When a reporter tried to speak to him he kept walking but turned around to say, "I ain't talking to nobody."

Calgary earned its third straight win this season over Hamilton, which after a 1-6 start to the season rallied to a 9-9 mark to finish atop the East Division.

Paredes had to handle punting duties in the second half after incumbent Rob Maver suffered an abdominal injury after being hammered on a Hamilton punt return. The six-foot, 201-pound Maver was hit from the blindside by Justin Hickman, a six-foot-two, 265-pound defensive lineman, and remained on the field for some time before eventually walking off on his own.

Paredes said he withdrew from his teammates during the game so he could concentrate.

"I wasn't nervous," said Paredes. "I was just trying to stay focused and stay calm."

The iconic trophy appeared to suffer some damage as the Stampeders celebrated on the field, with the top portion coming loose from the base.

THE CANADIAN PRESS

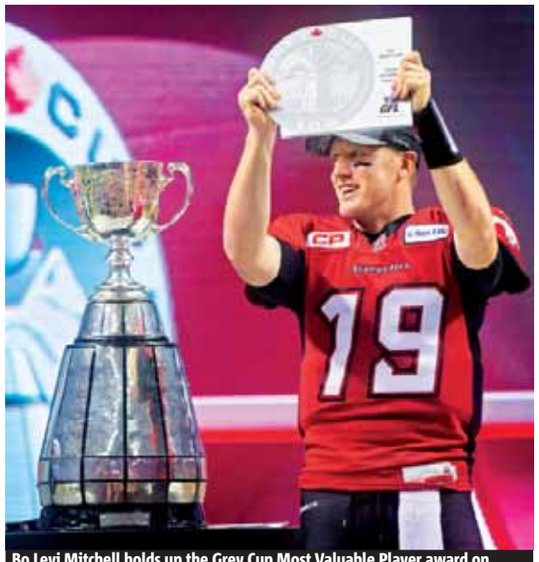
Grey Cup Game

20	16
Stampeders	Tiger-Cats

Dickenson delivers

"He is a dangerous coach to have on your team. When you do, you're not going to lose very often."

Grey Cup MVP Bo Levi Mitchell on Calgary Stampeders offensive co-ordinator Dave Dickenson



Bo Levi Mitchell holds up the Grey Cup Most Valuable Player award on Sunday night at BC Place Stadium in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Grey Cup turning points

1 First. Stamps strike early

Backup QB Drew Tate scored on a one-yard run as the Calgary Stampeders grabbed a 7-0 lead over the Hamilton Tiger-Cats after the first quarter.

2 Second. Banks opens Grey Cup account

Tiger-Cats speedster Brandon Banks got behind the Calgary defence for a 45-yard TD on a pass from Zach Collaros that cut the deficit to 17-7 at halftime.

3 Third. Paredes pushes lead to 13

Rene Paredes kicked a 20-yard field goal with 4:20 left in the third quarter as Calgary took a 20-7 lead into the fourth.

4 Fourth. Cup goes to Calgary

Banks brought Ticats fans to their feet with 35 seconds left when he returned a punt 90 yards for a TD, but it was nullified by an illegal block penalty. THE CANADIAN PRESS

Kjetil Jansrud of Norway blasts down the course on his way to winning the World Cup men's Super-G ski race in Lake Louise, Alta. on Sunday. FRANK GUNN/THE CANADIAN PRESS

Jansrud sweeps Lake Louise races

World Cup. Norwegian takes super-G Sunday after downhill win the day before

Lake Louise is becoming Kjetil Jansrud's hill, and he has two white cowboy hats to prove it.

The Norwegian completed a sweep of World Cup races at the Alberta resort with a super-G win Sunday.

The 29-year-old also won Saturday's season-opening downhill. He'd never even finished in the medals at Lake Louise prior to his pair of victories.

His Norwegian teammate Aksel Lund Svindal was a dominant skier at the hill west of Calgary with three straight super-G wins as well as a downhill gold two years ago.

But Svindal is sidelined with an Achilles' tendon injury.

In addition to prize money, vases and flowers, each medallist gets a white cowboy hat.

"Lake Louise is Aksel's hill and for sure it hasn't been mine, but I guess I'm turning it into mine which is a good thing," Jansrud said. "I never expected a double win, though. That's something you rarely see in alpine skiing."

Jansrud won Olympic super-G gold and downhill bronze in Sochi, Russia, in February. His time Sunday was one minute 32.02 in clear, cold conditions.

Austria's Matthias Mayer, the reigning Olympic downhill champion, was second in 1:32.31. Dominik Paris of Italy was third in 1:32.33.

The temperature was close to minus-30, so the majority of the men wore some type of facial protection in Sunday's race. The men head to Beaver Creek, Colo., for next week's downhill, super-G and giant slalom.

The women arrive in Lake Louise for downhill races Friday and Saturday and a super-G on Sunday. U.S. ski star Lindsey Vonn is expected to be among them. THE CANADIAN PRESS

Home talent

How Canada's skiers did

After tying for second in downhill, Manny Osborne-Paradis of North Vancouver, B.C., was the top Canadian in seventh on Sunday. Calgary's Jan Hudec, the Olympic bronze medallist in super-G, was ninth.

Canada put four men in the top 20 as Dustin Cook of Lac-Sainte-Marie, Que., and Morgan Pridy of Whistler, B.C., were 13th and 17th respectively.

"Super-G is definitely not my bread and butter," Osborne-Paradis said.

"Downhill is where my forte is, but I'm very happy with a top-10."

THE CANADIAN PRESS

Gordie Howe

Hockey great's vital signs good

Gordie Howe is comfortable as he makes a long recovery from two strokes, but the hockey great can't walk and has limited speech, one of his sons said Sunday.

Mark Howe said his 86-year-old father's vital signs are good and he's aware of the reasons for his condition. He added that an epidural reduced pain stemming from spinal surgery last summer.

THE ASSOCIATED PRESS

NHL

Detroit beats Canucks, blackout

Pavel Datsyuk scored twice and the Detroit Red Wings beat the Vancouver Canucks 5-3 on Sunday for their fourth straight victory.

About a third of the arena, including the Vancouver zone, went dark 29 seconds into the game after a minor power failure, delaying action for 33 minutes.

Linden Vey scored twice, and Yannick Weber added a goal for Vancouver.

THE ASSOCIATED PRESS

NFL. Rodgers edges Brady as Packers beat Patriots

Aaron Rodgers made trademark pinpoint passes. Eddie Lacy powered out tough yards on the ground. The defence held firm in a frantic fourth quarter.

This could be one super combination for the Green Bay Packers.

Rodgers threw for 368 yards and two touchdowns, and Green Bay fended off the New England Patriots 26-21 Sunday in a high-profile matchup between Super Bowl contenders.

"We have some big goals, and we're getting into December football now with a chance; with everything right in front of us," Rodgers said.

He bested Tom Brady in the first meeting between the star quarterbacks as starters. They were the main attractions in a down-to-the-wire thriller.

Rodgers connected with Richard Rodgers and Jordy Nelson for long touchdowns in the first half.

Leading by five, the defence made a late stand for the Packers (9-3). With Green Bay back in zone coverage, Mike Daniels and Mike Neal combined to sack Brady on third down for a 9-yard loss, and kicker Stephen Gostkowkski pushed a 47-yard field-goal attempt wide right with 2:40 left.

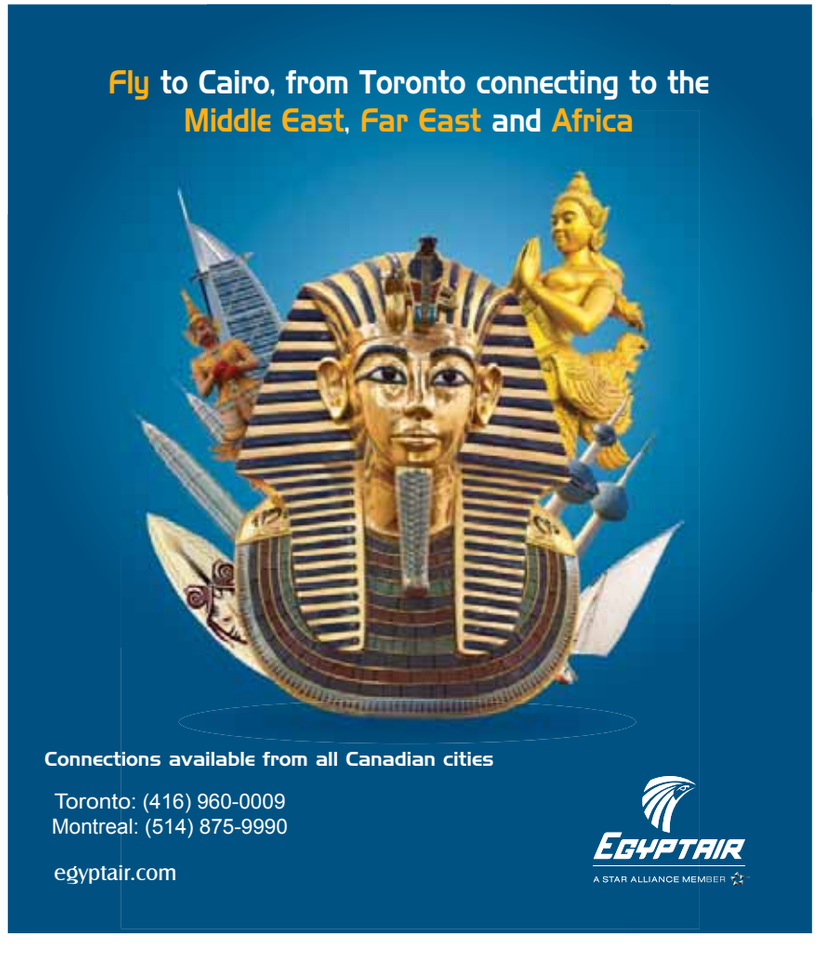
Aaron Rodgers
GETTY IMAGES

The Packers sealed it after Rodgers converted to Cobb on third-and-4 with the Patriots out of timeouts.

"The point total was enough to win the game," coach Mike McCarthy said. "I thought (the) defence did a lot of good things, and really I think the end of the game is what you're looking for as a coach."

It wasn't quite the ending Brady had in mind.

"I hate to take a sack in that situation. I really would have liked to score there," he said. THE ASSOCIATED PRESS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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
With your ruler Mars allied to Saturn today you possess stamina, steadfastness and a taste for success. Decide on a target and go for it.

♉ Taurus
April 21 - May 21
The task you have to tackle over the next few days may not seem inspiring but once you get to grips with it you will find it engages your interest more than you imagined.

♊ Gemini
May 22 - June 21
Mars in the wealth area of your chart means you have important financial arrangements to deal with and you must do so from a position of strength. Know your worth.

♋ Cancer
June 22 - July 23
Something you have taken for granted turns out to be not so simple. Rather than be annoyed, dig deeper into the situation. What you find could send you on a voyage of discovery.

♌ Leo
July 24 - Aug. 23
Now is the time to get started on a task you've been avoiding. With Mars and Saturn on good terms today you will find it easy to concentrate.

♍ Virgo
Aug. 24 - Sept. 23
It may not be obvious where a certain situation is taking you but everything will be revealed in time. Trust your instincts over the next few days.

♎ Libra
Sept. 24 - Oct. 23
Something is missing from your life and you won't be happy until you find what it is. According to the planets it isn't "out there" in the world but "in here" in your heart.

♏ Scorpio
Oct. 24 - Nov. 22
An objective may not have been within your reach in the past but it will be over the next few days. All you have to do is put a name to your dream and then extend your hand to grasp it.

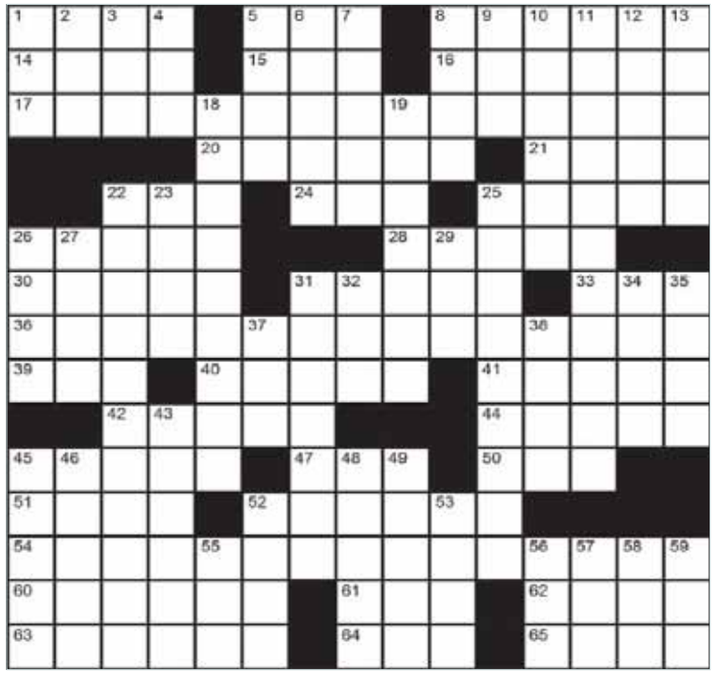
♐ Sagittarius
Nov. 23 - Dec. 21
Get down to essentials. What exists in your mind's eye could and should exist in the real world, so stop the excuses and make it happen.

♑ Capricorn
Dec. 22 - Jan. 20
Something you see or hear over the next 24 hours will inspire you to do more with your life. If someone who does not possess your talents and can be a success, so can you.

♒ Aquarius
Jan. 21 - Feb. 19
There is a job to be done and you know that you won't be able to move on in your life until it is finished. You don't like to feel you are being coerced but it's for your own benefit.

♓ Pisces
Feb. 20 - March 20
With mind planet Mercury at odds with your ruler Neptune make sure those you help really are in need, and not faking it.

Crossword: Canada Across and Down by Kelly Ann Buchanan



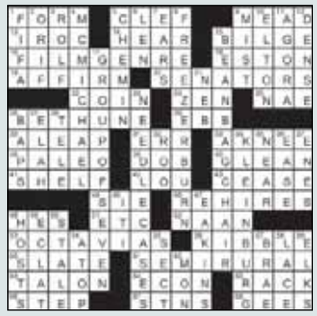
Across

1. Montreal Canadiens home, __ Centre
5. Chef Lagasse's sound!
8. Francia's neighbour in Europa
14. Jazzy Ms. Laine
15. Airport posting, briefly
16. "Old __" (1957)
17. Face creams might claim to stimulate this process: 3 wds.
20. Nullifier, at law
21. Mr. Berkus
22. Smidgen
24. __ the Record Man
25. Ferry village on the Ottawa River
26. Ms. Swinton
28. Grads
30. Easy _____ (Simple)
31. Soap star Ms. Francis
33. Distant
36. Prince Philip's title: 3 wds.
39. Imitate
40. Saskatchewan village
41. Manicurist's board
42. God of wine in ancient Rome
44. Toronto's Loma, and others
45. Sagas
47. Prime meridian std.
50. Kyrgyzstan city
51. Dream: French
52. Pat Morita's character in "The Karate Kid" (1984)
54. Seamstress' workshop item: 2 wds.
60. Egg stone
61. Writer of 1856's Aurora Leigh ...her monogram
62. Barney Bentall & The Legendary Hearts song: 2 wds.
63. Musicals composer Jule, and surnamesakes
64. Frat. counterpart
65. "Revolutionary __" (2008)

Down

1. Cavemen yrs.
2. Wapiti
3. Hawaiian necklace
4. Mr. Chaney
5. BBC, cute-style
6. Sky's supporter
7. Mediterranean island
8. Glancer
9. John McCain, e.g.
10. Fully-packed assembly
11. Slogan for Tim Hortons: 2 wds.
12. "Peachy keen!"
13. "Over the Rainbow" co-composer Harold
18. Chambers-for-the-dead
19. Bucharest's land
22. American actress married to Canadian actor Ryan Reynolds: 2 wds.
23. "Why, __ __ honoured!"
25. Inhabitant of the province to Ontario's right
26. "Voila!"
27. In baseball, goes to bat: 2 wds.
29. Ms. Ronstadt, for short
31. Atlanta's state
32. Summer hrs. indicator
34. Taj Mahal's site
35. Actor Mr. Darby
37. Charge
38. Ms. Thurman's
43. Traps the ship in Arctic waters: 2 wds.
45. Mathematician, Paul __ (b.1913 - d.1996)
46. Ross who ran for President in the 1990s
48. Comedian Wanda
49. Billy Blanks fitness system: 2 wds.
52. Fr. titles for ladies
53. Eng., Scot. and Wales: 2 wds.
55. Queen __. _. (Toronto thoroughfare)
56. Pres. monogram
57. "__ Baby Baby" by The Miracles
58. Shag rug kind
59. Huffy

Friday's Crossword

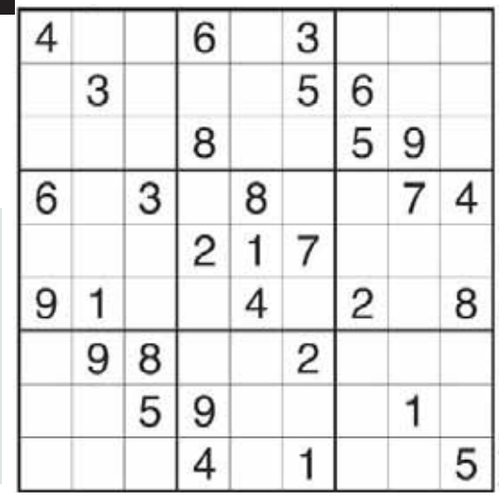


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Friday's Sudoku

5	8	3	6	1	9	7	4	2
2	6	1	4	7	3	9	5	8
7	9	4	2	8	5	3	6	1
8	3	2	1	4	6	5	9	7
4	5	7	3	9	8	2	1	6
9	1	6	7	5	2	4	8	3
1	4	8	9	3	7	6	2	5
6	7	9	5	2	1	8	3	4
3	2	5	8	6	4	1	7	9

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$15,699 or $160/bw

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94,781 km • Cruise • Keyless Entry • A/C
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70,163 km • Keyless Entry • Cruise • Alloys
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2011 Kia Optima EX Luxury B6011
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2010 BMW X3 3.0i B6021
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